

ENHANCED FOOD-BASED MENU PLANNING

Meal Pattern For Lunch

		AGES 1-2 YRS	PRE- SCHOOL	GRADES K-6	GRADES 7-12	GRADES K-3^①
Meat/ Meat Alternate	Serving size is per day. The quantities listed are based on the edible portion as served.	1 oz	1-1½ oz	2 oz	2 oz	1-1½ oz
Fruits/Vegetables	At least two different types of fruits and/or must be offered each day. Serving size is the minimum requirements per day.	½ cup	½ cup	¾ cup** **plus an extra ½ cup over a week.	1 cup	¾ cup
Grains/Breads	<p>Must be enriched or whole grain or contain germ or brand. A serving is: A slice of bread or an equivalent serving of biscuits, rolls, etc.</p> <p style="text-align: center;">OR</p> <p>½ cup cooked rice, macaroni, noodles, or cereal grains.</p> <p>Up to one serving per day may be served as a grain-based dessert. (This applies only to Grades K-12, not to Ages 1-2 and Pre School.)</p> <p>Minimum servings per WEEK^② Minimum servings per DAY</p> <p>②In this chart, a week equals 5 days. If lunch is served 7 days in the week, increase servings of Grains/Breads per week by: 5 servings for Grades K-6 to a total of 17 servings. 6 servings for Grades 7-12 to a total of 21 servings. Increasing the number of servings of Grains/Breads is critical to the success of meeting the calorie requirements and implementing the Dietary Guidelines recommendations for dietary fiber.</p>	5 svgs ½ svg	8 svgs 1 svg	12 svgs 1 svg	15 svgs 1 svg	10 svgs 1 svg
Milk (Fluid)	Must be served as a beverage.	6 fl oz	6 fl oz	8 fl oz	8 fl oz	8 fl oz

① Grades K-3: This is an optional age/grade group, but one that USDA recommends using.